

# Naloxone Info Sheet for the Construction Sector

The construction sector has been hit hard by opioids. Not only are construction workers at greater risk of opioid overdose than people in other occupations, but many overdoses occur in or near job sites. Fortunately, many construction workers now have access to naloxone -- a safe, overdose-reversing medication.

## Naloxone can save a life



Naloxone nasal spray (also called NARCAN™) can reverse an overdose caused by opioids such as heroin, fentanyl, and prescription painkillers. It is even easier to use than an EpiPen™ and is safe to use even if opioids are not the reason someone is non-responsive.

If you suspect that an unresponsive person may be experiencing an opioid overdose, you can administer naloxone without negative consequence to that person or yourself. If the person has not taken opioids, naloxone will not hurt them. In the U.S., Good Samaritan Laws have been created to help protect those trying to help reverse an overdose (check your state's law for details). Also, you are not at risk of opioid exposure from skin contact or exhaled breath from someone who is experiencing an overdose.

## NARCAN Quick Guide

Is someone **unresponsive with slow or stopped breathing**?

They may be experiencing an **opioid overdose**.

**Call 911.** Tell them you have an unresponsive person.

**Administer naloxone nasal spray.** Give a second dose if they do not respond.

**Do not test the device:** it can only be used once. No assembly is needed. Spray the naloxone in one nostril by pushing the plunger.

**If they are still unresponsive, administer CPR until help arrives.**

## Support and Resources:



CDC's Naloxone Training Resources  
[Lifesaving Naloxone Toolkit | Stop Overdose | CDC](#)



Support After a Death by Overdose  
[www.sadod.org/](http://www.sadod.org/)

Good Samaritan Laws By State:  
[www.safeproject.us/good-samaritan-laws/](http://www.safeproject.us/good-samaritan-laws/)



988 Suicide & Crisis Lifeline  
[www.samhsa.gov/find-help/988](http://www.samhsa.gov/find-help/988)



See other side for detailed instructions for what to do if someone may be suffering an overdose.

# Responding When Someone May Be Suffering an Opioid Overdose

## Signs of an opioid overdose include:

- Unresponsiveness or unconsciousness
- Slow or stopped breathing
- Blue, gray or white lips or fingertips
- Snoring or gurgling sounds

## There are several responsiveness checks you should do before giving naloxone:

- Shout loudly to see if the person responds.
- If there is no response, grind your knuckles into their breastbone (sternal rub).
- If there is no response to the sternal rub, call 911 and administer naloxone nasal spray following package instructions.

## If you think someone is suffering an overdose, take these steps:

1. Call 911 for medical help. Tell them you have an unresponsive person with slow or stopped breathing.
2. If the person is unresponsive and not breathing, and you are trained in cardiopulmonary resuscitation (CPR), immediately begin CPR. Use an automated external defibrillator (AED) when available following the instructions on the AED. Do not give CPR to a person who is breathing regularly or who is awake.
3. Give naloxone nasal spray following the package instructions. Do not test the device, as it can only be used once. No assembly is needed. Spray the naloxone in one nostril by pushing the plunger. If there is no response, give a second dose with another naloxone dose kit. Naloxone can take a few minutes to work. Providing CPR or rescue breaths can help to save a life.

## After giving naloxone:

1. Stay with the person until medical help arrives. Let them know that you have given them naloxone.
2. Keep the person from getting cold or overheated.
3. After administration, naloxone is active for 30 to 90 minutes and may cause withdrawal symptoms until it wears off. It is possible for the person to experience the overdose again as the naloxone wears off. Opioids last longer in the system than naloxone. This is why getting medical assistance is important.
4. Due to withdrawal symptoms, some people may be very agitated or uncomfortable.
5. Opioids are commonly mixed with other drugs that naloxone will not reverse.
6. Get more naloxone as soon as possible to be prepared for the next event.